

## ABSTRACT

**THESIS:** Confirming a Model of Self-Forgiveness

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To date there has been no confirmation of Hall and Fincham's (2005) or (2008) models of self-forgiveness. The researcher reviews interrelationships among Hall and Fincham's (2005) proposed antecedents (i.e., attributions, severity of transgressions, empathy, guilt, shame, conciliatory behaviors, and perceived forgiveness), and ultimately how they contribute to self-forgiveness. The current study compared Hall and Fincham's (2005/2008) models with an alternative via structural equation modeling. The alternative model was the best fitting model, eliciting adequate to good model fit with all estimated parameters significant at the .001 level. Nonetheless, significant multivariate non-normality might have decreased its appropriateness and thus, it may actually approximate a great fitting model. The researcher also discusses a positive stance on self-forgiveness as well as theoretical, research, and therapeutic implications.